

2019 ACC Outdoor Track & Field Schedule of Events

Thursday, May 9

| Running Events | | Field Events | | Combined Events | |
|----------------|-----------------------|--------------|-------------------|-----------------|------------------------------------|
| 6:10 p.m. | Women's 400mH Prelims | 2:00 p.m. | Women's Hammer | 12:30 p.m. | Decathlon (100m, LJ, SP, HJ, 400m) |
| 6:25 p.m. | Men's 400mH Prelims | 5:00 p.m. | Men's Javelin | 2:00 p.m. | Heptathlon (100mH, HJ, SP, 200m) |
| 6:40 p.m. | Women's 200m Prelims | 6:00 p.m. | Women's Long Jump | | |
| 6:55 p.m. | Men's 200m Prelims | 6:00 p.m. | Men's Long Jump | | |
| 7:10 p.m. | Women's 1500m Prelims | 7:30 p.m. | Women's Javelin | | |
| 7:35 p.m. | Men's 1500m Prelims | | | | |
| 7:50 p.m. | Women's 10,000m Final | | | | |
| 8:30 p.m. | Men's 10,000m Final | | | | |

Friday, May 10

| Running Events | | Field Events | | Combined Events | |
|----------------|----------------------------------|--------------|--------------------|-----------------|-----------------------------------------------|
| 6:00 p.m. | Women's 100mH Prelims | 3:30 p.m. | Men's Shot Put | 11:00 a.m. | Decathlon (110mH, Discus, PV, Javelin, 1500m) |
| 6:25 p.m. | Men's 110mH Prelims | | Men's Pole Vault | 1:00 p.m. | Heptathlon (LJ, Javelin, 800m) |
| 6:40 p.m. | Women's 400m Prelims | 6:30 p.m. | Men's High Jump | | |
| 6:50 p.m. | Men's 400m Prelims | | Women's Pole Vault | | |
| 7:00 p.m. | Women's 100m Prelims | | Women's Shot Put | | |
| 7:10 p.m. | Men's 100m Prelims | | Men's Hammer | | |
| 7:20 p.m. | Women's 800m Prelims | | | | |
| 7:35 p.m. | Men's 800m Prelims | | | | |
| 7:50 p.m. | Women's 3000m Steeplechase Final | | | | |
| 8:10 p.m. | Men's 3000m Steeplechase Final | | | | |

Saturday, May 11

| Running Events | | Field Events | |
|----------------|----------------------|--------------|---------------------|
| 4:05 p.m. | Women's 4x100m Final | 1:30 p.m. | Men's Discus |
| 4:15 p.m. | Men's 4x100m Final | 4:00 p.m. | Women's Triple Jump |
| 4:25 p.m. | Women's 1500m Final | | Men's Triple Jump |
| 4:32 p.m. | Men's 1500m Final | 4:30 p.m. | Women's Discus |
| 4:39 p.m. | Women's 100mH Final | | Women's High Jump |
| 4:46 p.m. | Men's 110mH Final | | |
| 4:53 p.m. | Women's 400m Final | | |
| 5:00 p.m. | Men's 400m Final | | |
| 5:07 p.m. | Women's 100m Final | | |
| 5:14 p.m. | Men's 100m Final | | |
| 5:21 p.m. | Women's 800m Final | | |
| 5:28 p.m. | Men's 800m Final | | |
| 5:35 p.m. | Women's 400mH final | | |
| 5:42 p.m. | Men's 400mH Final | | |
| 5:47 p.m. | Women's 200m Final | | |
| 5:56 p.m. | Men's 200m Final | | |
| 6:01 p.m. | Women's 5000m Final | | |
| 6:23 p.m. | Men's 5000m Final | | |
| 6:40 p.m. | Women's 4x400m Final | | |
| 6:50 p.m. | Men's 4x400m Final | | |

